

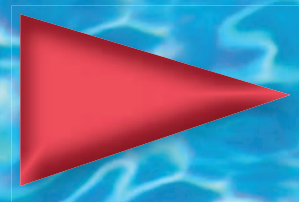




chill out!

charleston magazine's
**SUMMER
SURVIVAL
GUIDE**

Staying in town this summer? Don't sweat it—we've got the coolest ideas for staying off the swelter, including breezy beach guides, chilly hideouts, refreshing recipes, and more



JULY 2009 | 75



By the Numbers

It's the sizzling season again—time to ~~spiff~~ up on your SPF knowledge, seek out the best antidote to a jellyfish sting (hint: it isn't a human effluent!), and discover other strategies for beating the heat • By Colleen Troy

105°F

Charleston County's record high (in 1952 on Sullivan's Island). Locals were not able, however, to fry eggs on the sidewalk—that requires sustained temps of at least 158°F.

6 inches versus 60 feet

The relative sizes of the tentacles of the sea wasp and the Portuguese man-of-war—a highly venomous jellyfish that is rarely, if ever, spotted hereabouts.

30 minutes

That's how long it takes your skin to "activate" sunblock.

60 to 80%

of lifetime sun exposure collects in your first 18 bikini-ed, bronzed years. MUSC docs recommend daily use of broad-spectrum sunscreen—SPF 15 or higher—for anyone older than six months. And in the middle of the day, they say, just stay out of the sun.

1/400,000

The estimated odds of being struck by lightning in a given year. South Carolina has been zapped with 16 deaths due to lightning since 1998. Take cover (and not under a tree) during those summer thunderstorms!

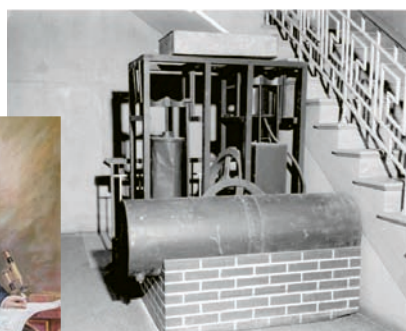
56 unsuspecting folks

were attacked by sharks in state waters between 1837 and 2006, and another three suffered bites last summer. But experts remind us that we're more likely to be killed by a lightning strike than attacked by a shark.

30 stings a day

The average venom accumulation on Kiawah last June during an especially active week for jellyfish. Watch for purple flags on lifeguard stands, signaling a sea filled with tentacles.

did you know?



In 1851, Florida physician **John Gorrie** invented mechanical cooling while trying to cure patients of malaria, which he believed to be caused by extreme heat and humidity. Reportedly born in Charleston, this **father of refrigeration** may have warmed to the notion of the artificial chill after spending stifling boyhood summers in South Carolina.

PHOTOGRAPHS (2) COURTESY OF FLORIDA STATE PARK SERVICE

Haute Stuff

Head to the beach in high, yet efficient, style

(Counterclockwise from top) Black wayfarer **SUNGLASSES** with marbled detail from SEE, \$319. RIO rust-proof adjustable backpack **CHAIR** from Target, \$35. Extra-long, striped cotton **TOWEL** from Target, \$11. iHome water-resistant **SPEAKER CASE** for iPod from Bed Bath & Beyond, \$50. Stainless steel **WATER BOTTLE** from Brookstone, \$15. "Danielle" woven **BAG** by Elaine Turner from Saks Fifth Avenue, \$250. Wallaroo's "Victoria Diva" crushable **HAT** from East Cooper Sporting Goods, \$36. Marine Summer Hair **FRIZZ CONTROL SPRAY** from Stella Nova, \$23. DDF Organic **SUNSCREEN** SPF 30 from Stella Nova, \$33. Bumble & Bumble South **SURF SPRAY** for hair from Stella Nova, \$23. California Innovations expandable rolling **COOLER** from Waves, \$30. Chill misting **FAN** from Brookstone, \$20. Clean Well alcohol-free **HAND SANITIZER** from Target, \$3. Reef "Smoothy" brown leather **FLIP-FLOPS** from East Cooper Sporting Goods, \$35. Clarins **SUNSCREEN STICK** SPF 30 from Saks Fifth Avenue, \$26.

PHOTOGRAPHS (13) BY ZACH SUGGS. (1) COURTESY OF IHOME



Isle of Palms



Average Temperature: 82°F

FIND YOUR SPOT

- **Families:** IOP County Park (bathrooms & life-guards). 14th Ave.
- **See & Be Seen:** 10th-14th aves.
- **Sports:** Volleyball courts in front of the Windjammer. 1008 Ocean Blvd.
- **Solitude:** The island's eastern tip (avenues 46+)

MAKE A SPLASH

- **Tidal Wave Watersports** Adrenaline-inducing activities, from parasailing to wakeboarding. 69 41st Ave., (843) 886-8456, www.tidalwavewatersports.com

EAT

- **ACME Cantina** Best bet for cold margaritas and fresh guacamole. 31 J. C. Long Blvd., (843) 886-0024
- **1 The Boathouse at Breach Inlet** Panoramic views, fresh seafood, and a lively crowd. 101 Palm Blvd., (843) 886-8000
- **Coconut Joe's** Gimmicky? Yes, but the views from the bar can't be beat. 1120 Ocean Blvd., (843) 886-0046
- **Huck's Lowcountry Table** Serving Southern fare in an oceanside setting. 1130 Ocean Blvd., (843) 886-6772
- **Morgan Creek Grill** Brunch or dine on the upper

deck with its stunning view of the Intracoastal. 80 41st Ave., (843) 886-8980

3 Sea Biscuit Café

Come early and bring cash to this favorite breakfast spot. 21 J. C. Long Blvd., (843) 886-4079

SHOP

- **Beachtown** An oceanside emporium filled with cover-ups, flip-flops, etc. 1101 Ocean Blvd., (843) 886-9845
- **Red & White** The island's full-service grocery store. 1513 Palm Blvd.

LISTEN

- **4 Windjammer** Check the band, surf, and volleyball cams to see all the action: www.jammercam.com. 1008 Ocean Blvd., (843) 886-8948

- **2 Banana Cabana** When the sun goes down, the deck heats up with live music. 1130 Ocean Blvd., (843) 886-4361

BEACH RULES PARKING

Make sure your tires don't touch the road when parking off of the street or you'll find a ticket waiting on your windshield. The front beach area, between 10th and 14th avenues, offers metered spaces.

DOGS

Dogs are welcome on the beach year-round but must be on a leash. Be sure to bring your pooper scooper or bags!

ALCOHOL

Don't even think about it. If you're caught, the local peace officers will issue a \$133 to \$1,000 ticket, depending on your attitude.



LISTEN UP!
Download our
**IOP Summer
Soundtrack** at
www.charlestonmag.com.

PHOTOGRAPHS BY JUSTIN S. ROSE (2), KRISTEN SKAGGS (1), & TRAVIS DEW (1)
MAP ILLUSTRATION BY BRITTANY LAUGHLIN

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Chillin' on the Clock

Meet five locals whose jobs help them keep their cool when the mercury peaks • By Stratton Lawrence



Keeper of the Ice

32,000 snow cones: that's what the Carolina Ice Palace could serve when its rink's inch-thick layer of solid H₂O is shaved. But **JERRY FOLK** would never let them do that—the venue's director of operations meticulously cares for the chilly surface, including Zamboni duties. That machine shaves the ice, washes it, and adds a fresh layer at a scorching 150°F. Hot water means clear ice, which freezes in six minutes flat. Folk, a lifelong hockey player, came to the position after 25 years in the Air Force. When he clocks out, you'll still find him on the rink, playing hockey or refereeing. "It's a job you have to have fun with," says Folk. "And it's the only one in Charleston where I'm shoveling snow every day in July."

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The Life Aquatic

"You can do almost anything in the water, no matter what physical limitations you have," says **MAGGIE EPSTEIN**, lead water aerobics instructor at St. Andrews Fitness Center. The former med tech discovered the sport while serving as a caregiver for the elderly. Every day, she works in the pool with people suffering from arthritis, hip and back problems, and multiple sclerosis. Epstein coordinates submerged dance routines and mountain-climbing and bike-riding simulations, eliminating impact on joints (and keeping body temperatures down). Who doesn't want to be doing jumping jacks at age 90? Now that's cool.

Ice-Cream Lady

An ice-cream truck sees no societal boundaries. Whether **MARGARET DEAR** parks Mr. Koolie at an East Side basketball game or on a Daniel Island street, the reaction is equally enthusiastic. Dear and partner Ross Robertson, who found the vintage ice-cream truck on eBay, are grateful on a midsummer day that fate allowed the luxury of an onboard refrigerator full of shaved ice. The pair man their three trucks themselves, five to seven days a week. "Mr. Koolie is the bomb rock star," says Dear. "It doesn't seem to matter where he goes."



Arctic Artist

Summerville ice sculptor **BRIAN CONNORS** likens himself to a Jamaican bobsledder. Walk into his 16°F "office" on a triple-digit day and you'll be greeted by a man in a heavy winter coat, bib overalls, and a hooded sweatshirt, carving the ubiquitous pineapples and ice luges, as well as kissing doves. "A good design looks good even at the end of the night," he says, explaining that at 73°F, a sculpture loses half an inch of thickness per hour. "The details of the doves' feathers may be gone, and the beaks are just barely kissing. The whole thing is so thin it looks like blown glass."



Blooming Cold

For floral designer **MEAGAN WIENTJES**, the bounty of spring can't follow the heels of winter quickly enough. But as the temperatures rise, the four hours a day she spends in the cooler at Buy the Bunch's Mount Pleasant shop remain a crisp 45°F. "My hands are always cold," says Wientjes, who keeps a selection of sweaters on hand to match her summer outfits. After hours of creating bouquets, she often has to run outside to warm up.



PHOTOGRAPHS (5) BY LIZ FREER (ZAMBONI DRIVER), ZACH SUGGS (WATER AEROBICS), STRATTON LAWRENCE (ICE-CREAM LADY), NORMAN LORUSSO (ICE CARVER), & JENN HAIR (FLORIST)



Shady Lady

With skin on the fairest side of pale, this beach dweller becomes a hermit crab in the summer • By Kelly Love Johnson

People always react the same way when I tell them I haven't been to the beach during daylight hours since the early '90s: "But you live in one of the most beautiful coastal cities in the U.S.!" They have no idea.

Here's the deal: I love the beach, but my hazardously pale skin means I have to wear SPF 60 just to step outside. During the day, especially in the summertime, I hide indoors, or if forced out—to, say, walk my Pomeranian, Lulu—I put on my solar battle gear. You might have seen us doing laps around Hampton Park; I'm the one in the baseball cap, long pants, and long-sleeved shirt, sweating white rivulets of sunblock and crisscrossing the roads and pathways in search of the next spot of shade.

I've had friends visiting from the Midwest become aggravated when—instead of accompanying them to The Washout or Sullivan's Island—I hand them a map and my car keys and send them off with well wishes. Same goes for kayaking, river-rafting, hiking, and bicycling. "But you live in *Charleston*," they protest. "How can you live here and NOT want to feel the sun on your face?" I tell them the same thing every time: It's not my fault. I come from English-Irish stock, and my ancestors lived in cloudy, rainy climates, so I have a skin tone so pale it's almost translucent. I don't develop a "healthy glow" from the sun, I get blotchy and freckled and crispy if left outdoors too long, like

a fragile fern.

As a result, I've spent most of my life seeking shade. Once I even purchased a parasol I thought was charming—until I used it at the farmers market one clear, sunny Saturday and had four vendors look up at the sky and ask me in a "Hello, crazy lady" tone if I was expecting rain. And, although you won't find me basking on the beach at the Isle of Palms or

frolicking in the surf at Folly this summer, I'm easy to spot in a crowd; I'm the pale redhead with big sunglasses on the shady side of the outdoor table, sunscreen sticking out of my shoulder bag, and a blissful grin on my face every time a nice breeze kicks up.

Kelly Love Johnson is a freelance writer and author who lives in Charleston.



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{ Beach Guide }

Your resource to the Lowcountry's barrier islands

Folly Beach

Frolicking with free spirits on the Edge of America

It's hardly surprising that a spit of land with such a colorful scallywag history would anoint itself the "Edge of America," a wink at its nonconformist spirit. What began as a marooning ground for both pirates and cholera-suffering passengers aboard boats bound for Charleston has morphed into a modern-day bohemia populated by nonchalant locals and tumbleweed surf shacks. Livin' was easy on Folly in the 1930s, when George Gershwin and Dubose Heyward spent a summer lapping up the languid island lifestyle, which they wove into the lyrics and score of *Porgy and Bess*. The '60s welcomed the creation of a Coney Island-style boardwalk complete with amusement rides,

a pier, and a pavilion that saw many shagalicious summer nights beneath the stars. Although the Dancing Bear bowling alley is long gone, the hodgepodge of restaurants and businesses—most authentically beachy and untouched by fad—that line Center Street imbue the island with its checkered charm. Hurricane Hugo tried to sweep Folly completely off the map, but this hearty little island would not relinquish its dreadlocked hold on the coast. Instead, the fateful storm blew away a string of homes along a strip of beach known as "The Washout," clearing the way for wave-hungry surfers who attest this to be the best surf spot in South Carolina.



Island Landmark

The abandoned wooden boat (left)—a World War II-era lifeboat displaced during Hurricane Hugo—on the causeway leading to Folly is a constantly evolving community billboard on which locals paint everything from marriage proposals to birth announcements.

Local Secret

Volunteer with the Folly Beach Turtle Watch Program (below), a grassroots group that keeps a watchful eye on loggerhead nests during the May to October season, and be there to witness the magic of hatchlings making their way to the sea. www.follyturtles.com



PHOTOGRAPHS (3) BY DAVE GILBERT (BOAT), NANCY POLK WECK HORST (WAVE), NANCY SMITH (TURTLE WATCH)

Folly River



Folly Beach

Average Temperature: 83°F



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■ Sol Surfers Surf Camp

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EAT & DRINK

■ Blu

Upscale, oceanfront dining. 1 Center St., (843) 588-6658

■ Center Street Kitchen

Lowcountry meat-and-three. 11 Center St., (843) 588-2737

■ 1 Surf Bar

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■ Taco Boy

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and people-watching. 15 Center St., (843) 588-9761

■ **3 Tokyo Crepes** Made-to-order crepes and falafel in the parking lot behind Snapper Jack's. 110 East Ashley Ave.

SHOP

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■ Sand Dollar Night Club

Although it only costs \$1 to

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The rooftop deck is perfect for an after-beach sundowner. 10 Center St., (843) 588-2362

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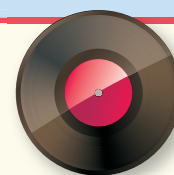
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ALCOHOL

No bottles on the beach. Pour contents of cans into a cup or face a \$500 fine.



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PHOTOGRAPHS BY ZACH SUGGS (4) & KEN BOWMAN (LIGHTHOUSE)



Fruit Cocktails

Refreshing recipes for cool summer sipping

• By Marion Sullivan



Pressed Watermelon with Basil Water *
{Serves 2}

1 1/3 cups watermelon chunks, seeds removed
2 large basil leaves
Pinch of sea salt
Dash white wine vinegar
1 1/3 cups chilled water

Combine the watermelon and basil in a colander over a large bowl. Using a metal ladle, press the watermelon to extract as much juice as possible (the remaining pulp should be fairly dry).

Season the juice with the sea salt and vinegar and strain through a fine sieve into a pitcher. Add the water, stir, and serve.



Blueberry Lemonade

By Boris Van Dyck,
ICEBOX Bartending
{Makes 1 pitcher}

16 mint leaves, plus 2 sprigs for garnish
10-20 blueberries, plus 10-15 for garnish
2 cups fresh lemon juice
2 cups simple syrup**
2 cups chilled water
2 lemons, sliced in wheels

Pulse mint, blueberries, and lemon juice in a blender. Strain through a fine sieve into a pitcher with ice. Add simple syrup and water. Garnish with blueberries, mint sprigs, and lemon.

Lemon Verbena Vodka Cooler

from *Simple Stunning Parties at Home* by Karen Bussen, Stewart, Tabori & Chang
{Serves 4}

6 oz. vodka
2 cups pink grapefruit juice
1 cup lemonade
8 sprigs fresh lemon verbena

Combine the liquids in a pitcher, along with four sprigs of lemon verbena. Let the mixture steep in the refrigerator for at least one hour and up to a day. Pour over ice and garnish with a sprig of lemon verbena to add extra flavor.

***Pressed Watermelon with Basil Water**

from *Cool Waters* by Brian Preston-Campbell, The Harvard Common Press

****Simple Syrup**

1 cup sugar
2 cups water
Place ingredients in a pan over medium heat and stir until the sugar has dissolved. Let cool to room temperature, cover, and refrigerate.



LARGE PHOTOGRAPH BY WILLIAM GEDDES / INSERTS BY SARAH HALL PRODUCTIONS & KRISTAN CHESTER



Sweat Equity

When the temperatures rise, this lifelong tomboy turns up her feminine style • By Melissa Bigner

I started out a barefoot, overalls-and-onesies baby girl who, by my twenties, had evolved into a flip-flopped, jeans-and-T-shirt gal. But then along came my thirties, a move to the Lowcountry, and experiencing the region's inherent bane—sweat—and voilà, out popped my fashionably fem side.

The transformation merits a little explanation, one that's rooted in a long-ago awakening. Back in high school, I ran home after a soccer game, and though I was doused in deodorant, I arrived looking like I had bolted through a car wash on a dare. I apologized to my mother and a coffee-visit neighbor for "sweating like a pregnant nun," a phrase I had just learned from a teammate. Said the Catholic neighbor, ignoring my indiscretion, "Oh, Melissa. Ladies don't sweat. And they don't perspire—they glow!" At that moment, it dawned on me that yes, sweat might be my genetic curse (thanks, Dad), but femininity? Apparently it's as much about spin as anything.

However, that little teenage incident didn't immediately strip me of my beloved denim-and-cotton-top uniform and tomboy ways. No, it took a move to lovely, sweltering Charleston about seven years ago to do the deed—at least on the fashion front. The first faux pas occurred during one prolifically sweaty run. I had made the mistake of hitting the pavement in light blue nylon shorts and a white sports bra. A few drenched miles later, I looked like I had peed my pants and, well, we all know why wet T-shirt contest winners always wear white.

The second related disaster occurred on

an alfresco dinner date one stagnantly steamy night. Imagine me, a pair of khakis, a cotton tank, and a metal bistro chair that was still radiating from the day's sunshine. Let's just say when I stood up, I looked like I had sat in a puddle or worse, and there was really no possibility of recovering romance at that point. Undoubtedly it was mortifying enough to shove me straight into Southern belledom.

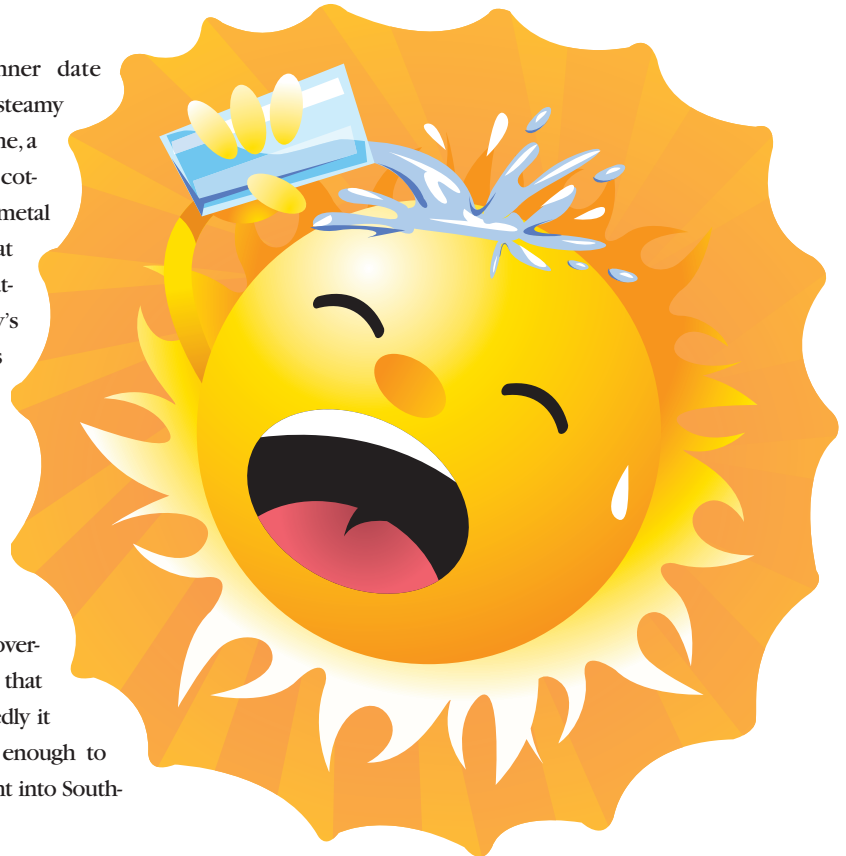
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The next day, I full-on ditched the khakis, the big-girl overalls, and the cherished jeans for the once-unthinkable: everyday dresses. Today, I'm all about an eyelet shift, and as for skirts? The flouncier the better, as that amplifies the air conditioning. Color's important, too, as black, navy, and the occasional pattern don't advertise damp spots; and white fares best as non-sports wear. Breathable cotton and its cousin linen are must-haves as well. Toss in prescription-strength, powder-fresh antiperspirant, hair I now let air-dry into curls—it's much

cooler—and sometimes I'm so girly I can't stand myself. But in a good way.

So thanks, biology, and thanks boiling Charleston, from me and especially my family and neighbors. I may still be on the Sporty Spice side, but you've apparently made-over my wardrobe in a way that years of recently disclosed silent prayers never could achieve.

Senior editor Melissa Bigner is also the editor of Charleston Weddings.



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PHOTOGRAPHS BY ZACH SUGGS (4) & KEN BOWMAN (LIGHTHOUSE)



► **CHARLOTTE JENKINS,**
Gullah Cuisine
Ben & Jerry's Butter Pecan

"It reminds me of when my mother made ice cream from freshly picked pecans from our tree. I always sneak a pint home to enjoy in bed."



► **MIKE SABOE,**
*Culinary Institute
of Charleston*
*Cold Stone Creamery's
Cotton Candy*

"I have a serious sweet tooth, and this ice cream tastes just like cotton candy."



► **MIKE LATA,**
FIG
*Häagen Dazs'
Pistachio*

"No doubt, it's awesome."



► **MICKEY BAKST,**
Charleston Grill
Dove's Irresistibly Raspberry

"Hands down! It comes with a layer of Dove chocolate on top. My wife, Ellen, and I have to buy separate cartons so we won't fight over the chocolate."



► **BEN BERRYHILL,**
Red Drum
Blue Bell's Vanilla

"It tastes just like it did when I was a kid and takes me back home to Texas. I like it topped with chocolate sauce or peach preserves—mmm-mmm good!"



The Scoop!

Local F&B pros share their fave flavors of summer's sweetest guilty pleasure—pints of store-bought ice cream



10 Chillin' Hideouts

Need a reprieve from the urban swelter? We've compiled some great local spots for beating the heat • By Beau Daen

1 Mr. Burbage's—Boiling South of Broad? Whether you stop in to pick up a cold RC Cola or simply to shoot the breeze with Dot or Al, Mr. Burbage's is a nostalgic nod to the neighborhood corner store where the AC's cranking and the coolers brim with ice cream and frosty beverages. *157 Broad St.*

2 White Point Gardens—There's a reason piazzas face south, and if you head down to White Point in the evening you'll discover why. As the sea breezes sweep through the park, dress up in your SOB best and play a game of croquet or badminton to look and feel "cool" while tourists ogle. *Murray Blvd. & East Battery St.*

3 Urban Outfitters—This hipster store loves to play into the borderline sketchy aesthetic, so it's likely that they won't mind you loitering for several hours. The endless books and novelties in the old Garden Theatre will keep you both entertained and chilled out in some of the coldest AC in town. *371 King St.*

4 Fountain at Waterfront Park—You're already soaked in sweat; you might as well jump in the big fountain at Waterfront Park. Fight for room alongside packs of kids in the only public swim-

ming spot in the historic district. But don't push too hard because, as the sign points out, there's no lifeguard on duty. *1 Vendue Range*

5 Unitarian Church Graveyard—Step out of the glare of Lower King into the urban jungle that is the Unitarian graveyard. The Spanish moss, vines, and dense foliage of this secret garden offer a shady retreat, while the crumbling gravestones just might send a shiver down your spine. *4 Archdale St.*

6 Terrace Hippodrome—The ancient Greeks went to the hippodrome to watch chariot races, but today you can go there to watch films on the widescreen at downtown's only movie theater. Newly opened by the owner of James Island's Terrace "indieplex," the Hippodrome offers the same menu of food, beer, and wine. So, grab a hot dog and a drink and slide into one of the luxury BMW leather seats, because movie theaters are usually a safe bet for two or so hours of cool relief. *360 Concord St.*

7 Charleston County Public Library Main Branch—Bring a sweater and peruse the shelves of books for new beach reads in the cold, quiet environs of the downtown library. If a romance

novel gets you feeling steamy, go upstairs to the South Carolina room, where the vast collection of archived historical documents will sober you up and simmer you down. *68 Calhoun St.*

8 Magnolia Cemetery—Though a little out of the way, these shady resting grounds prove a peaceful refuge from the sun and heat. Sit under the giant oaks uprooting graves of famous Charlestonians—from George Alfred Trenholm (Margaret Mitchell's inspiration for Rhett Butler) to Frank B. Gilbreth Jr.—while breezes waft across the marsh. *70 Cunningham Ave.*

9 Shops at Charleston Place—Breaking a shopper's sweat? Cut through the old Omni, and you'll find a chillin' indoor playground. Get your shoes shined, shop some more, sit on a bench, or relax in one of Brookstone's massage chairs. Feeling really overheated? Drop and press your face against the cold marble floors. *205 Meeting St.*

10 Penguin Planet at the Aquarium—It's always winter on Penguin Planet, where temperatures hover around 60°F. So don a tux and chill, but restrain yourself from diving in with your dapper new friends because security will quickly throw you right back into the heat. *100 Aquarium Wharf*





{ Beach Guide }

Your resource to the Lowcountry's barrier islands

Sullivan's Island

History meets haute living in this very flush family community

Like a shell tumbled and polished by sea and salt, this scant three-mile island has weathered an embattled history, transforming from a war-torn spit of land into a tony oceanfront neighborhood. Though the family-friendly beach and upscale-casual main block host a regular see-and-be-seen set, ghosts of Sullivan's past still haunt the well-seasoned island: from the rudimentary fort that repelled British troops during the American Revolution to primitive pest houses where enslaved Africans were quarantined to a fantastical scarab made of gold that portends the literary discovery of Captain Kidd's buried treasure.

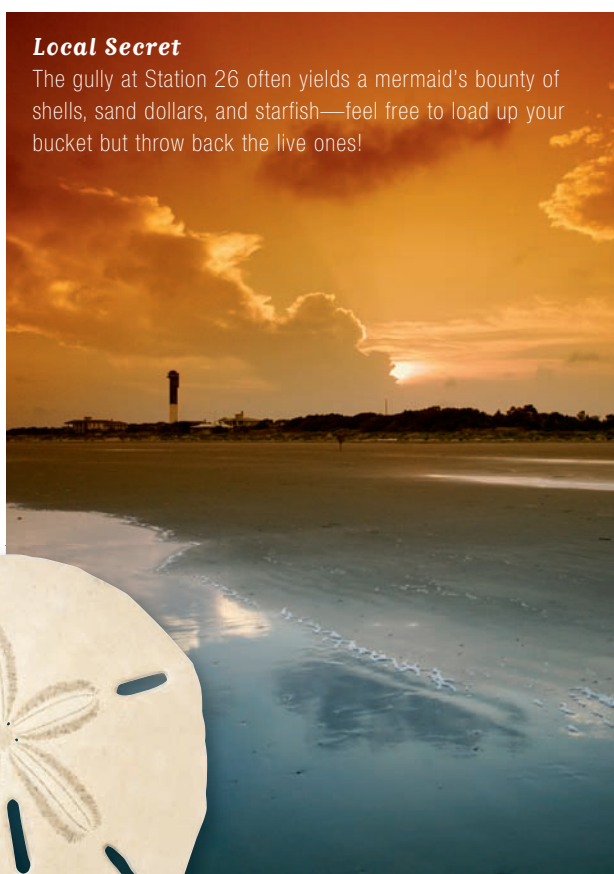
The latter, dreamed up by Edgar Allen Poe, drew the nation's

attention to this longtime summer refuge for "fugitives from Charleston dust and fever" when "The Gold-Bug" was published in Philadelphia's *Dollar Newspaper* in 1843. Poe entrenched himself in the island's lore while stationed at Fort Moultrie, and locals have returned the favor with a beach dive and a four-gun battery-turned-library that pay homage to the grandfather of Gothic.

Now, the island counts Southern literary standouts Josephine Humphreys and Dorothea Benton Frank among its residents. And that small-town island lifestyle and storied history that lend themselves so well to the written word have made Sullivan's Island a haven for families who rally around the beachfront elementary school and host play dates at the park.

Local Secret

The gully at Station 26 often yields a mermaid's bounty of shells, sand dollars, and starfish—feel free to load up your bucket but throw back the live ones!



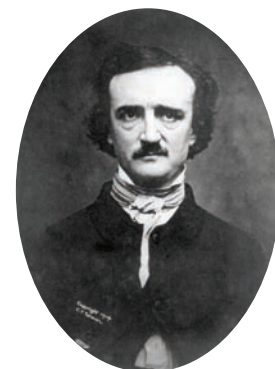
Island Landmark

The large hill behind J. Marshall Stith Park, a popular spot for "cardboard sledding," is a 19th-century artillery bunker compound comprised of the Capron and Butler batteries.



"People assume they're going to see Poe or his aura when they come to visit."

—Jerri England,
Edgar Allen Poe Library



PHOTOGRAPHS BY (LEFT TO RIGHT) JOSEPH NIENSLEDT, (2) LIZ FREER, & COURTESY OF LOC.GOV



Sullivan's Island

Average Temperature: 81°F

FIND YOUR SPOT

- **Families:** Station 26
- **See & Be Seen:** Station 19
- **3 Sports:** Station 30, kite- and paddle-boarding
- **Solitude:** Station 12 near Fort Moultrie

RECREATION

- **Kite-boarding:** Air, (843) 388-9300
- **Paddle-boarding:** Half-Moon Outfitters, (843) 881-9472

EAT & DRINK

- **Atlanticville** Thai cuisine and live music are a popular Tuesday-night draw at this upscale eatery. 2063 Middle St., (843) 883-9452
- **Café Medley** Ice cream, espresso, and wines by the glass or bottle. 2213-C Middle St., (843) 793-4055

- **2 Dunleavy's Pub** The roadside picnic tables are the island's best people-watching perch. 2213-B Middle St., (843) 883-9646

- **High Thyme** Sophisticated fare in a casual but polished space. 2213-C Middle St., (843) 883-3536

- **Home Team BBQ** Pork platters and stick-to-your-ribs sides. 2209 Middle St., (843) 883-3131

- **1 Poe's Tavern** Burgers, beer, and island breezes. 2210 Middle St., (843) 883-0083

- **Station 22** Seafood and steaks. 2205 Middle St., (843) 883-3355

SHOP

- **Green Heron** One-stop shopping for groceries, prepared foods, and cheap Popsicles for the kids. 2019-B Middle St.

BEACH RULES PARKING

Don't let your tires touch the road when parking off of the street or you'll find a ticket waiting on your windshield.

DOGS

All dogs must have a valid Sullivan's Island license, which costs \$25 per year and can be obtained at Town Hall (1610 Middle St.). Owners must produce proof of a valid rabies vaccination. During summer months (April 1-October 31), dogs may be off-leash from 5-10 a.m., are prohibited from 10 a.m.-6 p.m., and must be on-leash from 6 p.m.-5 a.m.

ALCOHOL

Do your drinking at home or in an island restaurant, as alcoholic beverages are prohibited on the beaches and streets.



LISTEN UP!

Download our
**Sullivan's Summer
Soundtrack**

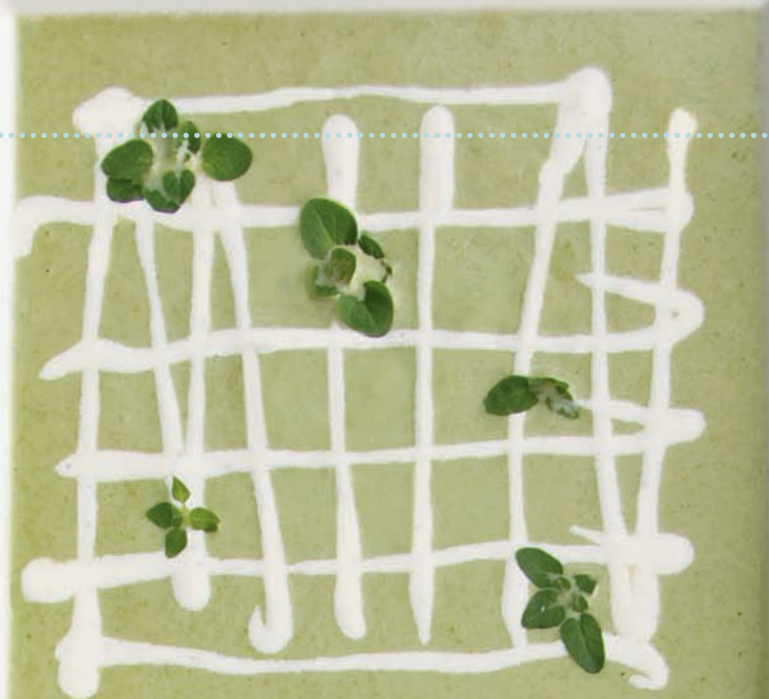
at www.charlestonmag.com.



CAVIAR & BANANAS
White Gazpacho +
Watermelon Salad



SQUARE ONION
Thai Carrot &
Coconut Soup +
Lemon Couscous
with Shrimp &
Arugula



PHOTOGRAPHS (3) BY KRISTAN CHESTER

Cool Combos

Three gourmet-to-go shops share recipes for their best-selling
summer soups and salads

• By Marion Sullivan

TED'S BUTCHERBLOCK

Asparagus Buttermilk Vichyssoise + Provençal Beef Salad

A truffled mascarpone cream makes for a deliciously beautiful garnish to the soup, while the grilled beef
tenderloin salad gets gussied up by kalamata olives, heirloom tomatoes, and a fresh herb vinaigrette.



{ Beach Guide }

Your resource to the Lowcountry's barrier islands



The Castaways

These more remote islands are well-worth the drive or boat trip, whether you crave outdoor adventure or five-star luxury

Bull Island

Accessible only by boat, this 64,000-acre preserve located north of town is a naturalist's haven with more than 16 miles of footpaths weaving across the island. It's also the largest loggerhead turtle nesting ground outside of Florida, as well as a vibrant rookery for more than 250 species of birds.

■ **Coastal Expeditions** Take the 30-minute ferry ride while a naturalist describes the tidal creeks and their inhabitants. Bring plenty of hydrating drinks and sunscreen, since the island is completely undeveloped. (843) 884-7684, www.coastalexpeditions.com

Capers Island

The salt-marsh estuaries that entwine the leeward side of this three-mile long island offer some of the area's best inshore fishing, dolphin watching, and kayaking. A state-maintained park allows visitors to experience the solitude of Capers, but there are no facilities, so campers must bring all provisions, including a permit from the South Carolina Department of Natural Resources.

■ Barrier Island Eco Tours

Don't have your own boat? Then hop aboard these naturalist-guided boat tours, including regularly scheduled eco tours, fishing charters, and private beachside cookouts. (843) 886-5000, www.nature-tours.com

■ South Carolina Department of Natural Resources (SCDNR)

Call for a free permit and rules for camping on the island. (843) 953-9300



Boneyard Beach on Capers Island



The River Course, one of Kiawah Island's award-winning golf courses

Edisto Island

A vacation spot long-favored by local families, this sprawling 67-square-mile island is home to working farms, historic plantation homes, and an eclectic group of businesses, including Coot's Lounge, the Serpenterium, and McConkey's Jungle Shack, where the kitschy décor (think rubber crabs and plastic pail ketchup holders) is just the sort of vibe you want in a rustic beach café.

■ Edisto Beach State Park

An oceanfront park and campground with hiking and biking trails and a 4,000-year-old shell midden. (843) 869-2756, www.southcarolinaparks.com

Kiawah Island

Comprised mostly of a gated community of showcase homes and a resort, the 12-mile long island is the swankiest, and one of the largest, of our barrier islands. A golfer's nirvana, it boasts five award-winning courses, most notably the windswept Ocean Course.

■ Kiawah Beachwalker Park

Located before the security gates, this county park offers the only public beach access on Kiawah. Lifeguards are on duty for the designated swimming area, and chair and umbrella rentals are available. Open 9 a.m.-7 p.m. (May through Labor Day). \$7 per vehicle. (843) 768-2395, www.ccprc.com

■ Kiawah Island Golf Resort

Dine in one of the resort's numerous restaurants or stay at the five-star Sanctuary Hotel and gain access behind the gates—at least the first set! (800) 654-2924, www.kiawahresort.com

